

ABSTRACT OF THE DISCLOSURE (mark-up)

An access unit, an access method, an access program and a control unit are provided, ~~which are capable of shortening the seek time of an optical head for a test record and a test regeneration.~~ A record medium ~~200~~ includes a user area for recording user data which can be recorded and regenerated based on an instruction given by a user; ~~a.~~ A recording-system circuit section included in the access unit~~120~~ records test data based on a predetermined test condition in the user area; ~~a.~~ A regeneration-system circuit section ~~130~~included in the access unit reads the test data recorded in the user area by the recording-system circuit section~~120~~;₁ and a system control circuit~~102~~ included in the access unit refers to the test data read by the regeneration-system circuit section ~~130~~ and adjusts an access parameter for accessing the record medium~~200~~.